



Fruits and Vegetables

Eating at least five servings of fruit or vegetables is easy when you consider how small one serving size is. Mark a fruit and vegetable dot each time you eat a serving.

- 1/2 cup of fruit or vegetables
- 1 medium piece of fruit
- 1/4 cup of dried fruit
- 1/2 cup (4 oz.) of 100% fruit or vegetable juice
- 1 cup of leafy vegetables

For more information visit www.fruitsandveggiesmorematters.org

Exercise

Exercising doesn't need to take a lot of effort, but it does take time. Mark an exercise dot each time your exercise session meets the following requirements:

- Last for 30 minutes or longer
- Include an aerobic type of exercise (i.e. running, swimming, walking, etc.)
- Be vigorous enough to increase your heart rate to 70-80% of your maximum heart rate.

For information on how to calculate your heart rate, visit www.americanheart.org